

THE 28 DAY

SELF-WORTH JOURNAL

A journal for those who want to improve their self-
worth



A Journal from
JULIA SCOTT COUNSELLING



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IF ANY OF THIS SOUNDS LIKE YOU...

- You have self-doubt. You delay making decisions, and if you do make decisions, you second guess them.
- You constantly worry about what others might think of you. You not only want, but need to be liked. You keep revisiting things you said to others in your head, trying to understand how they might have received it and what they might think of you now.
- You engage in upward social comparison with people you think are better than you.
- You feel behind in life. Many of your thoughts start with "I should..."
- You let your fear of failure stop you from going after the things you truly want in life. Rather than actively pursuing your dreams, you make excuses for not doing so.
- You tend to blame other people or circumstances for not progressing, and always find a reason why right now is not the right time to start working towards the things you actually want.
- You focus on pleasing others, have a hard time saying no and are unsure about your boundaries. You apologise A LOT.
- Some days you just feel so drained, hopeless and unworthy.
- You are your harshest critic and say things like "I am such an idiot." It might be so noticeable that people have already made you aware of it.
- No matter how big your latest achievement was or how proud you were of making progress, feeling good about yourself never lasts long and a few days later you go back to feeling like a failure.
- Secretly you think that if people knew who you really were, they would leave you. You often fear abandonment when it comes to friendships and relationships. You even worry about losing your job or business, even when there is no real cause for anxiety.
- You and/or others consider yourself a perfectionist.

THIS JOURNAL IS FOR YOU!

ABOUT THE JOURNAL

This journal combines self-awareness, mindfulness and self-kindness elements to help you significantly improve your self-worth and quality of life.

Here are just a few of the positive benefits you can expect when using the journal for a minimum of 28 days. You may:

- Learn to listen to your intuition and reconnect with your authentic self
- Finally see your inner beauty and let it shine through in everything you do
- Feel less stressed and uncomfortable, even when life gets challenging
- Become more confident and tap into your full creative potential
- Unlock hidden talents and skills
- Find the inner courage to stand up for yourself and your dreams
- Feel generally more calm, cool and collected
- Gain a positive outlook on life, more energy and feel enthusiastic about your life and your dreams
- Stop pushing people away with neediness and instead become even more attractive because of the positive energy you feel and radiate
- Stop reacting from a place of fear and scarcity and start creating from a place of love and abundance
- Embrace your imperfections and use them to your advantage instead of trying to hide them and feeling ashamed of them
- Prioritise your physical and emotional needs, validate your feelings and prioritise your mental health and well-being.
- Become your own biggest fan and most loyal friend and give yourself the unconditional support you need to make the most out of your life and natural gifts.

HOW TO GET THE MOST OUT OF OF THIS JOURNAL

For the next 28 days, use the following journal pages to:

Step 1: Practise one self-love affirmation per week

Step 2: Every day, write down three things you did to show yourself some kindness, patience, acceptance or support today*

Step 3: Every day, write down 3 things you did well on that day*

Step 4: Every day, choose 1 of the 28 journal prompts below to dig a bit deeper

*This can be a big thing or the smallest of things. Maybe you could like the colour of your eyes or the way you make your bed.



AFFIRMATIONS

WEEKLY AFFIRMATIONS

AFFIRMATION WEEK 1

"I am a valuable human being and my needs, desires, dreams and goals matter."

AFFIRMATION WEEK 2

"Today, I choose to be happy and embrace loving myself abundantly."

AFFIRMATION WEEK 3

"I know that I am a good person, and I don't need to prove it to anyone. There are plenty of reasons to be proud of myself."

AFFIRMATION WEEK 4

"I know who I am. I love who I am. I love the way I do things and I love the way I grow as a person every single day."

WEEK 1

*“I am a valuable human being
and my needs, desires, dreams
and goals matter.”*

day #1

DAILY SELF-WORTH

TODAY'S AFFIRMATION

*"I am a valuable human being and my needs,
desires, dreams and goals matter."*

3 WAYS I WAS ACCEPTING OF MYSELF TODAY

3 THINGS I DID WELL TODAY

TODAY'S JOURNAL PROMPT

What is important to me? Why is it important?

[illegible]

day #2

DAILY SELF-WORTH

TODAY'S AFFIRMATION

*"I am a valuable human being and my needs,
desires, dreams and goals matter."*

3 WAYS I WAS ACCEPTING OF MYSELF TODAY

3 THINGS I DID WELL TODAY

TODAY'S JOURNAL PROMPT

[illegible]

[illegible]

day #3

DAILY SELF-WORTH

TODAY'S AFFIRMATION

*"I am a valuable human being and my needs,
desires, dreams and goals matter."*

3 WAYS I WAS ACCEPTING OF MYSELF TODAY

3 THINGS I DID WELL TODAY

TODAY'S JOURNAL PROMPT

[illegible]

[illegible]

day #4

DAILY SELF-WORTH

TODAY'S AFFIRMATION

*"I am a valuable human being and my needs,
desires, dreams and goals matter."*

3 WAYS I WAS ACCEPTING OF MYSELF TODAY

3 THINGS I DID WELL TODAY

What do I value about myself?

[illegible]

[illegible]

day #5

DAILY SELF-WORTH

TODAY'S AFFIRMATION

*"I am a valuable human being and my needs,
desires, dreams and goals matter."*

3 WAYS I WAS ACCEPTING OF MYSELF TODAY

3 THINGS I DID WELL TODAY

What is something others like about me? What are nice things others have said about me?

[illegible]

day #6

DAILY SELF-WORTH

TODAY'S AFFIRMATION

*"I am a valuable human being and my needs,
desires, dreams and goals matter."*

3 WAYS I WAS ACCEPTING OF MYSELF TODAY

3 THINGS I DID WELL TODAY

TODAY'S JOURNAL PROMPT

Is there a flaw I have that I can begin to look at in a more positive light?

[illegible]

[illegible]

day #7

DAILY SELF-WORTH

TODAY'S AFFIRMATION

*"I am a valuable human being and my needs,
desires, dreams and goals matter."*

3 WAYS I WAS ACCEPTING OF MYSELF TODAY

3 THINGS I DID WELL TODAY

What self-sabotaging behaviours am I planning to stop? When and how can I let go of these thoughts or behaviours?

[illegible]

WEEK 2

*“Today, I choose to be happy and
embrace loving myself
abundantly.”*

day #8

DAILY SELF-WORTH

TODAY'S AFFIRMATION

*"Today, I choose to be happy and embrace loving
myself abundantly."*

3 WAYS I WAS ACCEPTING OF MYSELF TODAY

3 THINGS I DID WELL TODAY

TODAY'S JOURNAL PROMPT

[illegible]

[illegible]

day #9

DAILY SELF-WORTH

TODAY'S AFFIRMATION

*"Today, I choose to be happy and embrace loving
myself abundantly."*

3 WAYS I WAS ACCEPTING OF MYSELF TODAY

3 THINGS I DID WELL TODAY

TODAY'S JOURNAL PROMPT

[illegible]

[illegible]

day #10

DAILY SELF-WORTH

TODAY'S AFFIRMATION

*"Today, I choose to be happy and embrace loving
myself abundantly."*

3 WAYS I WAS ACCEPTING OF MYSELF TODAY

3 THINGS I DID WELL TODAY

TODAY'S JOURNAL PROMPT

[illegible]

day #11

DAILY SELF-WORTH

TODAY'S AFFIRMATION

*"Today, I choose to be happy and embrace loving
myself abundantly."*

3 WAYS I WAS ACCEPTING OF MYSELF TODAY

3 THINGS I DID WELL TODAY

What are your standards when it comes to friendship? What type of friend do you want to be? What qualities do you look for in friends? What behaviours disqualify someone as a friend?

[illegible]

day #12

DAILY SELF-WORTH

TODAY'S AFFIRMATION

*"Today, I choose to be happy and embrace loving
myself abundantly."*

3 WAYS I WAS ACCEPTING OF MYSELF TODAY

3 THINGS I DID WELL TODAY

Review your answer to yesterday's journal prompt and now ask yourself if you are showing up as your own best friend? What do you need to change to be a better friend to yourself?

[illegible]

day #13

DAILY SELF-WORTH

TODAY'S AFFIRMATION

*"Today, I choose to be happy and embrace loving
myself abundantly."*

3 WAYS I WAS ACCEPTING OF MYSELF TODAY

3 THINGS I DID WELL TODAY

What do you need from others to feel loved? What would your parents, friends, partner, children, co-workers, employees, clients, etc. need to do or say to make you feel valued and appreciated? What would need to change?

[illegible]

day #14

DAILY SELF-WORTH

TODAY'S AFFIRMATION

*"Today, I choose to be happy and embrace loving
myself abundantly."*

3 WAYS I WAS ACCEPTING OF MYSELF TODAY

3 THINGS I DID WELL TODAY

Review your answer to yesterday's journal prompt and now ask yourself if it is true that you need these things from other people. What ways can you think of to meet your own needs?

WEEK 3

*“I know that I am a good person,
and I don’t need to prove it to
anyone. There are plenty of
reasons to be proud of myself.”*

day #15

DAILY SELF-WORTH

TODAY'S AFFIRMATION

"I know that I am a good person, and I don't need to prove it to anyone. There are plenty of reasons to be proud of myself."

3 WAYS I WAS ACCEPTING OF MYSELF TODAY

3 THINGS I DID WELL TODAY

TODAY'S JOURNAL PROMPT

[illegible]

[illegible]

day #16

DAILY SELF-WORTH

TODAY'S AFFIRMATION

*"I know that I am a good person, and I don't need
to prove it to anyone. There are plenty of reasons to
be proud of myself."*

3 WAYS I WAS ACCEPTING OF MYSELF TODAY

3 THINGS I DID WELL TODAY

TODAY'S JOURNAL PROMPT

Review your answer to yesterday's journal prompt. If someone you loved unconditionally told you about these behaviours, how would you feel about them? What would you advise? How can you follow your own advice?

[illegible]

[illegible]

day #17

DAILY SELF-WORTH

TODAY'S AFFIRMATION

*"I know that I am a good person, and I don't need
to prove it to anyone. There are plenty of reasons to
be proud of myself."*

3 WAYS I WAS ACCEPTING OF MYSELF TODAY

3 THINGS I DID WELL TODAY

TODAY'S JOURNAL PROMPT

[illegible]

[illegible]

day #18

DAILY SELF-WORTH

TODAY'S AFFIRMATION

*"I know that I am a good person, and I don't need
to prove it to anyone. There are plenty of reasons to
be proud of myself."*

3 WAYS I WAS ACCEPTING OF MYSELF TODAY

3 THINGS I DID WELL TODAY

TODAY'S JOURNAL PROMPT

Write down all the things you dislike about yourself. Once you've finished, read these as if they were written by someone you love unconditionally. Are they really this bad or are you more critical with yourself than with others? Go back through all the things and think what you actually want to change and what you can just start accepting as a trait or aspect about yourself that adds to your uniqueness.

[illegible]

day #19

DAILY SELF-WORTH

TODAY'S AFFIRMATION

"I know that I am a good person, and I don't need to prove it to anyone. There are plenty of reasons to be proud of myself."

3 WAYS I WAS ACCEPTING OF MYSELF TODAY

3 THINGS I DID WELL TODAY

TODAY'S JOURNAL PROMPT

Take a few deep breaths. Scientists say the odds of you being born are at least 1 in 400 trillion. How do you feel about being such a miracle? How can you embrace this fact on a daily basis?

[illegible]

[illegible]

day #20

DAILY SELF-WORTH

TODAY'S AFFIRMATION

*"I know that I am a good person, and I don't need
to prove it to anyone. There are plenty of reasons to
be proud of myself."*

3 WAYS I WAS ACCEPTING OF MYSELF TODAY

3 THINGS I DID WELL TODAY

TODAY'S JOURNAL PROMPT

[illegible]

[illegible]

day #21

DAILY SELF-WORTH

TODAY'S AFFIRMATION

*"I know that I am a good person, and I don't need
to prove it to anyone. There are plenty of reasons to
be proud of myself."*

3 WAYS I WAS ACCEPTING OF MYSELF TODAY

3 THINGS I DID WELL TODAY

TODAY'S JOURNAL PROMPT

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

[illegible]

WEEK 4

“I know who I am. I love who I am. I love the way I do things and I love the way I grow as a person every single day.”

day #22

DAILY SELF-WORTH

TODAY'S AFFIRMATION

*"I know who I am. I love who I am. I love the way I
do things and I love the way I grow as a person
every single day."*

3 WAYS I WAS ACCEPTING OF MYSELF TODAY

3 THINGS I DID WELL TODAY

TODAY'S JOURNAL PROMPT

[illegible]

[illegible]

day #23

DAILY SELF-WORTH

TODAY'S AFFIRMATION

*"I know who I am. I love who I am. I love the way I
do things and I love the way I grow as a person
every single day."*

3 WAYS I WAS ACCEPTING OF MYSELF TODAY

3 THINGS I DID WELL TODAY

*Think of a moment where you were really brave. What gave you courage?
How did you feel?*

day #24

DAILY SELF-WORTH

TODAY'S AFFIRMATION

*"I know who I am. I love who I am. I love the way I
do things and I love the way I grow as a person
every single day."*

3 WAYS I WAS ACCEPTING OF MYSELF TODAY

3 THINGS I DID WELL TODAY

Make a list of 5 songs and 5 quotes that make you feel powerful and as if you can do anything. Think of strategies that will help you to use them on days when you feel down.

[illegible]

day #25

DAILY SELF-WORTH

TODAY'S AFFIRMATION

*"I know who I am. I love who I am. I love the way I
do things and I love the way I grow as a person
every single day."*

3 WAYS I WAS ACCEPTING OF MYSELF TODAY

3 THINGS I DID WELL TODAY

Does it actually matter what others think of you? Who are you trying to impress and why? Who would you be if you could let go of the desire to control what these people think about you?

day #26

DAILY SELF-WORTH

TODAY'S AFFIRMATION

*"I know who I am. I love who I am. I love the way I
do things and I love the way I grow as a person
every single day."*

3 WAYS I WAS ACCEPTING OF MYSELF TODAY

3 THINGS I DID WELL TODAY

TODAY'S JOURNAL PROMPT

What was a mistake you recently made and beat yourself up about? Was it really bad? What happened? Is it something that could have also happened to others? What are the long-term consequences? Can you find any evidence that you are still a good, lovable person?

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day #27

DAILY SELF-WORTH

TODAY'S AFFIRMATION

*"I know who I am. I love who I am. I love the way I
do things and I love the way I grow as a person
every single day."*

3 WAYS I WAS ACCEPTING OF MYSELF TODAY

3 THINGS I DID WELL TODAY

Do you expect perfection from others? If yes, is it realistic and helpful to do that? If not, why is it that you expect it from yourself? Is it realistic and helpful?

[illegible]

day #28

DAILY SELF-WORTH

TODAY'S AFFIRMATION

*"I know who I am. I love who I am. I love the way I
do things and I love the way I grow as a person
every single day."*

3 WAYS I WAS ACCEPTING OF MYSELF TODAY

3 THINGS I DID WELL TODAY

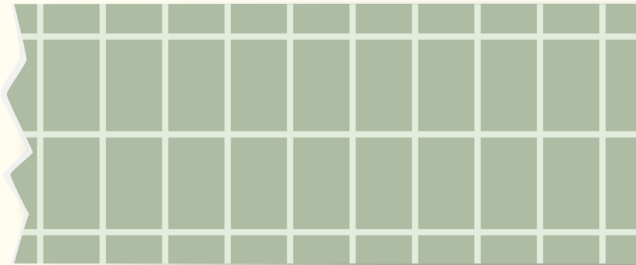
TODAY'S JOURNAL PROMPT

Cast a vision for yourself: How does the most self-loving version of yourself go through life? How do they hold themselves? How do they show up for themselves and others? What do they work on? What are they passionate about? What does their schedule look like? How do they relate to and communicate with others? How do they practise self-care and how do they set boundaries?

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[illegible]

[illegible]



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